

Self Care for the Business Owner

As the leader of your life and the Owner of your business is Self Care being underutilized? Are you taking proper care of the OWNER!!! The biggest resource in your business is a clear and confident mind and that comes from taking care of yourself!

Self Care is the best business plan!!!

Take some time on a weekend or a relaxing evening to answer these questions. Consider it your guide when you're feeling pressured and overwhelmed. You literally are creating a menu of great things to do when you need to rest, refresh and restore.

I highly recommend at least ONE of these answers ends up on your calendar weekly. Creating a rhythm of self care ALL of the time vs waiting until we HAVE to stop and take care of ourselves comes from implementing some of these life giving activities on THE REGULAR.

Things I like to do:

People I like to see:

Power Songs:

3 Things on my Vision Board:

Mantra or Word of the Year:

Taking care of my body looks like:

Things to Do when I'm feeling down and Burnt Out:

What am I craving to do in my business:

My Ideal Sleep Routine:

What is my favorite way to move:

These ideas came from a small book: [Self-Care Master Plan](#) by Free Period Press